

Saturday's Eco Fair focuses on 'healthy planet, healthy people'



By Brock Weir

Whether you're looking to live a greener life at home, or to take an electric car out for a test drive, the Stronach Aurora Recreation Complex is your destination on Saturday for Aurora's second annual Eco Fair.

Hosted by Aurora's Environmental Advisory Committee, the second annual Eco Fair promises a day of green and sustainable fun for the whole family, including the test drives of both electric cars and bikes, making creepy crawlies work for you, and free yoga for adults and kids.

"We had such a great turnout last year [at the Aurora Armoury] and we realised we needed a bigger space," says Jen Sault, a member of Aurora's Environmental Advisory Committee (EAC). "Getting it started last year helped us build a foundation we could add to this year. We're moving to the SARC so we can add things like testing out the e-bikes, free yoga classes, and a speakers' series.

"Last year, people really loved having all the different environmental organizations all in one place and they could get a sense of what is going on in the community and different ways they could get involved and live sustainably at home. The kids were able to come and do some crafts and games and really had an opportunity to learn more about sustainability in a fun way."

Parents left feeling they had spent good quality time with the family while learning some important things, says Ms. Sault, and things are set to only get bigger and better.

"This year I am excited we get to have even more kids activities, and the speakers series is a really interesting new addition this year," she says. "We have a number of guest speakers over the course of the day on a real range of topics and I am really excited to see how that appeals to the public. And I am excited we also have free yoga this year, adding that element that living sustainably and taking care of yourself all relates together - healthy planet, healthy people."

Events get underway at the SARC this Saturday, April 29 at 10 a.m.

Presentations begin at 10.30 a.m. with Cathy Nesbitt of Cathy's Crawly Composters discussing the "Wonders of Worms." Next, at 11 a.m. is "Your Guide to Owning an Electric Vehicle" with Ron Groves of Plug'n Drive, and the Town of Aurora's Amanda Cutler will take the stage at 11.30 a.m. with a "Demonstration of how and what to recycle in Aurora."

At 12 noon, Corrigan Hammond, representing David Suzuki's Blue Dot Movement will discuss "Blue Dot - Your Right to a Healthy Environment" followed by Jane Kabarguina of Hidden Forest Yoga with "Gardeners with Chronic Pain: You Are Forgetting One Essential Tool." The speakers conclude with Gloria Marsh of the York Region Environmental Alliance who will present "Organic Lawn Care That Won't Cost The Earth" at 1 p.m.

In this, the second year, Eco Fair organizers are partnering with Activate Aurora to introduce the benefits of Yoga to the entire family. At 10.30 a.m., Ms. Kabarguina will lead a session of kids yoga, followed by a second session of family yoga at 11.30 a.m. If that's not enough, Ms. Nesbitt will lead attendees with "Laughter Yoga - Laughter: The Perfect Exercise" at 12.30 p.m.

"I am looking forward to seeing how successful this event will be this year," says EAC chair Councillor Paul Pirri. "Cathy Nesbitt is very excited about worms and having had the opportunity to hear her speak a few times she is very entertaining. Her enthusiasm

definitely comes out. There are some great opportunities to save money by going green. If you're not aware of all of those opportunities, how going green and being eco-conscious can save you money, that is a great opportunity to come out and learn.?

Adds Ms. Sault: ?There are so many different experiences. So many of us are curious about electric cars and how they really drive. This is a way to test drive an electric car with absolutely no commitment. It is a way to just experience it, learn more about it, we have experts on site. There are lots of interesting opportunities like that where you can have a few minutes to learn about different organizations and have some fun at the same time.?

For more on the Eco Fair, visit www.aurora.ca.